



INSTANT RELIEF  
TO THE  
ASTHMATIC,  
OR

Those afflicted with SHORTNESS OF  
BREATH.



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INSTANT RELIEF  
TO THE  
ASTHMATIC,  
OR

Those afflicted with SHORTNESS OF  
BREATH;

BEING

An Essay on the Nature of the LUNGS and  
their several Disorders, and the only POSSI-  
BLE and CERTAIN MEANS of CURE pro-  
posed and demonstrated.

WITH

The Places of Sale of the Remedy.

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From a MS. of the late Dr. LUCAS.

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*miseris succurrere.* VIRG.

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L O N D O N :

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TO THE

HONOURABLE AND LEARNED

THE

PRESIDENT and FELLOWS of  
the COLLEGE of PHYSICIANS.

GENTLEMEN,

**Y**OUR patronage is claimed  
of the present Essay, as  
well from the approbation that  
many of your learned body  
have shewn to alter the mode  
of practice in Asthmatic Com-  
plaints, as from the general  
sense

## DEDICATION.

sense of the greatest practitioners in Europe, who all agree that the *lungs* being the organs of respiration, ætherial remedies bid the fairest for cure of their disorders. If the late celebrated Dr. *Lucas*, whose medicinal knowledge is universally allowed, was not absolutely the author of this treatise, yet his placing it among his most valuable MSS. and his administering frequently this very remedy to his asthmatic patients (*the recipe for which* was annexed to the MS. itself) are convincing proofs how much he approved of it:—

Hence



## DEDICATION.

Hence the editor, who assumes no further than an extensive chymical knowledge, thinks himself highly justifiable to publish this medicine to the world, under such a sanction; not to mention the numerous instances in which it has been efficacious, proving upon every experiment perfectly successful.

YOUR countenance, gentlemen, to a part of practice so highly interesting to the health of numbers in this nation, whose climate is so peculiarly obnoxious to Asthmatic Complaints, will give another proof of

# DEDICATION.

of your applauded impartiality  
and extreme philanthropy.

I HAVE the honour to be,

Gentlemen,

With the most profound ve-  
neration and respect,

Your most obedient

And most humble servant,

THE EDITOR.


INSTANT



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INSTANT RELIEF  
TO THE  
ASTHMATIC, &c.

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T is an observation among the learned, that there is scarcely any thing new under the sun, and that every improvement in arts and science is nothing more than the revival of what, in other places or ages, were perfectly known. The great Sir Isaac Newton is said to have borrowed his first hints of the laws of gravity from the wisest of mankind, as Pope styles him, Lord Bacon : And if any humble comparison will bear with those exalted characters in  
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the present chymical improvement, the learned Boerhaave and Mead gave rise thereto, from the frequent mention in their works of volatilised applications in disorders of the lungs. The same thing may be thought of at times by different persons, without each knowing of or receiving any hint from the other, so that each may equally claim the merits of the invention : And though in this instance the author has tried many and expensive processes, as well from the balsams as from acids, yet he could find none of them (except the present) containing the active power of the one dulcified, with the salubrity of the other, stand the criterions of true efficacy in such disorders. Volatile salt of acids, nevertheless, was known to the ancients, as well as many judicious moderns of chymical knowledge, and if it does not declare the originality of the invention in the author, albeit he prefers the health of mankind, and the love of truth, to the applause and emoluments of using other less efficacious applications, although they  
have



have been discovered only by himself, in the variety of processes he attempted to find a remedy for a violent asthmatic complaint he had long laboured under, and to his infinite satisfaction, upon the failure of every other medicine, he has recovered perfectly his former state of health, by the use of this volatile essence for a time.

PREJUDICES are easily caught, and with difficulty removed; and a late *remedy* advertised to be sold at Charing Cross and other places, as well as the *inefficacy* of a *balsamic æther*, with a troublesome apparatus now on sale, may justly cause doubts of every thing offered on the same principle; but one strong argument in favour of what is now proposed is, That though the former of the abovementioned remedies, called *the asthmatic effluvia*, gave ease, in some measure, for the moment, (though it caused a dryness in the throat afterwards, which is the very bane of this malady); and the same instant ease in some cases that are not obstinate, but yield even to

the elasticity of the parts when forced in drawing in common air, may be allowed to the latter ; yet the pernicious composition of the one, and the evident futility of the other, though founded on right principles, gave the author an opportunity of discovering what they both aimed at : acknowledging himself indebted to them for reviving in his mind what the abovementioned great physicians had agreed to in this particular mode of cure.

To understand well and to study any one disease, its progression, its operations, its different stages, and the action of various remedies on it, is the most certain means of discovering the cause and the cure : And who can have so *practical* an opportunity of doing this as the afflicted party himself ? especially when despair, at finding the advice of so many esteemed physicians and so many applauded medicines tried in vain, induced him to make himself master of the subject, as far as anatomy and chymistry would admit, and, by experimental trials,

to



to judge of the effects of such and such applications. I say, such a person, with a common share of understanding, has a *real*, others only a *general*, *hypothetical* knowledge of the disorder;—and this is the author's case.

AWARE of the assertion, that no general remedy can be calculated for every constitution, (which is certainly true in regard to all *inward applications*), it must be premised, that *inward applications* are here set down as almost useless, not to say pernicious, and then the observation no longer holds good; because nothing is wanted but a free play of the lungs, and that there be no stoppage of the natural air from them; consequently any remedy that will assist the admission of this air and cause their free play, must be *general* and suitable to all constitutions, as it only removes the *obstructions*, and leaves nature and nutritives to repair those corporeal shocks which any part afflicted for a length of time must feel.

As this essay is not intended for the faculty, for whom the author has so much deference as to suppose the simple mention of this remedy will impress a conviction of its utility, but chiefly designed for such persons of understanding as do not choose to take any thing material to health on the mere *ipse dixit* of another, in order that they may judge for themselves, let not the world suppose that the omission of technical terms are arguments of ignorance and demerit; for they are purposely avoided;—being convinced that there is no character more frivolous than a scientific man displaying his pedantry, and mistaking words for reason. But, prior to the entering into the particular merits of the remedy now recommended, as well as to demonstrate its effects, let us first view the nature and situation of the *lungs*, as immediately the seat of those diseases for which it may be said to be a *panacea*.



## SECTION I.

**T**HE trunk of the human body is divided into two separate cavities: The upper part of which is called the *thorax*, or *chest*;—the lungs are situate therein, and are called by anatomists *one of the noble parts*;—they consist of two lobes, which have no direct communication with each other, being in separate and distinct bags, formed by a membrane, receding in two parts lower down, so as to form the *pericardium* that contains the heart.

THE lungs are composed of vessels and nerves that have each their several functions: Of which—

THE *veins* seem intended only for the support and nourishment of the lungs themselves; and—

THE *arteries* receive and return the mass of blood that circulates through them before it goes into the other parts of the body:—

THE *lymphatic vessels* are distributed on the surface of the lungs, and imbibe a lymph or moisture, which is conveyed by certain ducts to the mass of blood:—

THE *nerves* are very small branches that give them elasticity in respiration:—

THE *air vessels* are exquisitely small and finely constructed branches that communicate with the windpipe, so as at every inspiration to be filled with air:—

THE *interstices of the vessels*, or substance of the lungs, which is called the *cellular membrane*, are composed of fibres neither  
vascular



vascular nor hollow, nor endowed with sensibility:—

THE *windpipe*, called in Latin *aspera arteria*, is the principal organ of respiration; it is composed of cartilagenous or gristly and fleshy rings alternately, and its inside is lined with a thin pellucid matter, supplied by an infinite number of small glands, and is exquisitely sensible:—

THE use and office of the lungs are material for our existence; and nature, that does nothing in vain, has formed them for wise purposes. The blood circulated through them, after the reception of fresh chyle, is prepared by throwing off all the noxious matter imbibed by the air which is received by the lungs; and this matter, if returned, is incompatible with life, as is evident, from the maladies occasioned by the retention of any part of it; hence, they not only throw off all exuberances, by means of small ducts passing from  
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the pulmonary arteries to the air vessels, but also receive and purify a quantity of air necessary to be mixed with the fluids.

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## SECTION



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## SECTION II.

**T**HE disorders peculiar to the lungs may be simply considered under *consumptions* and *asthmas*, or *difficulty of breathing*, notwithstanding the various names used by physicians to distinguish different stages of the same disorder, and their respective characteristics; and though the distinction is now made between *asthmatic complaints* and *consumptions*, yet they are often the cause and consequence of each other.

ALTHOUGH *consumptions*, or *gradual wasting of the lungs*, are not always attended with pain, from difficulty of respiration, it is no ways foreign to our subject to consider minutely this malady and its effects:—

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THE natural causes may be sought for in the original formation of the body, which predisposes us to disorders in these parts; for in persons of a delicate make, the vessels of the lungs are sometimes too fine and weak to resist the force of the blood flowing with rapidity through the organs of respiration, and consequently cause a rupture thereof, and spitting of blood, &c.—The acrimony of the fluids are not less the cause when it is so violent as to corrode the vessels; and at particular ages of our life, we are most liable to a heat or fervour of the blood that occasions consumptions; but above all, these disorders more commonly originate from a cold, the principal foundation of many other complaints. In this climate we are particularly obnoxious to *colds* from its instability; it is produced often unknown to us, but are certainly sudden transitions from one extreme to the other; for as warmth relaxes the skin, opens the pores, and thereby increases perspirations, sudden cold obstinately closing the pores, returns the perspirable



perspirable matter into the mass of blood, and being of an ætherial kind, nature endeavours to throw it off through the lungs, which often becomes the seat of the disorder by such efforts.

THIS perspirable matter which nature intended to get rid of, being foreign to the mass of blood, is productive of fevers; but nature still using her endeavours to discharge it, particularly through the pores of the head and chest, causes those convulsive motions we call *sneezing* and *coughing*, and when it descends to the air vessels it produces what we call a *tickling cough*; so that the acrimony of this lymph in severe colds contaminates all the juices of the body, and consequently inflammation follows, by which, superfluous mucus or phlegm is requisite to be expectorated or spit up, to prevent suffocation;—and a continuance for any time of this phlegm destroys the vessels of the lungs, becoming by degrees corrupted and dissolved in matter or *pus*, which is, literally speaking,

speaking, a *consumption*, or *wasting* of the parts.

It is before observed, that the lungs are divided into two parts, which have no direct communication with each other, so that when one is corrupted and wasting, the other may still retain itself free from those effects, at least till the disorder gets to such a head as to affect every part of the body ; and not only so, but every vessel and branch performs its office in some measure independent of the rest, and never ceases to receive and return its portion of air, till it is totally destroyed : This is the reason of consumptive persons living so long, and declining or wasting by such insensible degrees.

When both lungs are affected considerably, and in part destroyed, the disorder may be well deemed incurable ; but, as we know, that very seldom both lobes are affected in the first stage of the disorder, we have only to stop the progress of



of it and prevent the increase of putrefaction, which can be in a great measure assisted by cleansing or taking off all corrupted matter, or whatever tends to it, from the parts ; but at the same time, this application will only give a temporary relief or check to the disorder, unless it is accompanied at the time of discharge with healing balsamic qualities, antiseptic in their nature, to destroy the acrimony of the fluids, and thereby not only preserve the sound parts, but also help nature to regenerate those that are destroyed, or at least give stronger faculties of exertion to the parts already whole, to answer other deficiencies.

CONSUMPTIONS are here the more enlarged upon, as, in effect, they are the certain consequence of continued asthmas, or shortness of breath, as well as often the primary cause of it : For, when a person is said to die of an asthmatic disorder, it is more properly a suffocation, from the quantity of phlegm and corrupt matter being

being so corroded on the lungs, that nature is not strong enough to discharge it:—Obstructions of all kinds that cause shortness of breath of themselves, tend to putrefaction, and tinge the lungs with their noxious qualities.

ASTHMAS are either continued or by fits, and difficulty of breathing sometimes appears not, except in its remote effects, in the lungs; such as morbid affections of other parts of the organs of respiration, as, in the contraction of the windpipe, the muscles, &c. yet they are all, in fact, occasioned by obstructions that should be removed before a cure can be expected.

THUS I have in general considered the disorders for which it is hoped to offer relief, as, *giving breath* to those unhappy persons expiring for want of it should be our first and ultimate intention.



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### SECTION III.

**T**HE method of treating asthmatic complaints have heretofore been in one common-place way, by *inward applications* only, which, like all other beaten tracts, has been implicitly followed by the generality ; for no matter how round-about the mode is, if it happens to be first entered upon by any great name, which would even give sanction to absurdity ; from whence, if any junior has the temerity to deviate, the ordeal trial he has to go through renders his merit truly conspicuous, should it come off with approbation. It is a bold assertion to say, that the practice of so many years has been *quite wrong*, yet, being supported indirectly by such great authorities, one

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may,

may, without presumption, affirm it. The great Boerhaave, in many parts of his works, hints at effluvias or volatile applications to the parts, and Dr. Mead, our learned countryman, advises the use of an *effluvia* raised from salubrious and balsamic medicines thrown upon live coals ; and gives as a reason, the long journey that medicines taken in at the stomach have to come to the lungs ; for it is a vulgar error to suppose that any medicines in going to the stomach comes to the lungs, except after having been separated and subtilized by the body ; and the grosser parts being discharged by the *anus*, or in excrement, and the more refined parts becoming chyle, entering the lacteal vessels and going through the mass of blood ; on the contrary, the least drop or bit in the mouth going down the wrong way, as it is vulgarly called, is strongly repulsed by nature.

THE tedious process, and the extreme length of time, in the effects of a medicine taken, at the stomach, before it can  
 carry



carry any of its properties to the parts, is a strong argument against the expectation of a cure from *inward* applications; but when we reflect on the immense quantity of medicines requisite to be taken inwardly to convey any of their minute particles or relief that can be felt, as it meets with so many means in its passage of losing its properties, and in fact retains so small a comparative proportion of ætherial parts, we should scarcely ever think of administering a medicine through that channel, as we know full well how inefficacious any remedy becomes when used in an extreme, not to mention how pernicious its effects in that case are on the stomach, so as to be a bane instead of an antidote, and renders the remedy worse than the disease.

By medicines, I would not be understood to mean nutritives of any kind, which gradually assist and strengthen nature, all admit their service to the human body in length of time; but they cannot be classed as cures, where the violence of



the disorders requires instant activity in the application on the parts affected.

It should also be considered, that the disorders which demulcents or healing medicines inwardly are required to cure, are not situated in the *blood vessels*, but in the *air vessels* of the lungs, which have no communication with the arteries, but by means of vessels so exquisitely small as to admit nothing except of the ætherial kind. And what medicine, in nature, that dare be admitted *inwardly*, contains so much of its properties as to have any effect, when subtilized by the body into its effluvia?—Balsams, we are sure, won't do it, and acids cannot be admitted inwardly in any degree to have effect; hence it almost amounts to an impossibility to convey any remedy with efficacy to the lungs through the stomach, or alimentary passage; neither can any thing solid or liquid be communicated through the windpipe: with as much propriety might we administer medicines

at



at the stomach to a patient afflicted with a violent tooth-ach; for though they might produce good effects in length of time, yet he must be patient indeed who could indure the pain in waiting for the event:—From whence common sense points out to us the only probable, nay possible, means of conveying any remedy immediately to the part affected, and striking at the root of all disorders incidental thereto, that is, by means of a *volatilized matter*, or ætherial essence, carried along with the air which we breathe directly to the parts:—Any kind of æther might be communicated in that manner, which physicians in general are not unacquainted with; but what good effects can be expected from volatilized remedies in general, which, in their ætherial parts, retain no other good or bad qualities than common air, consequently is no more than an increase of air to the parts, which at the best could only give the same momentary ease that the asthmatic patient receives by opening his mouth wide, and stretching his chest, to



take in the greater quantity of air at that respiration?

THE balsams, which are the first things that present themselves to us, from their healing properties in inward applications, are found, by every chymical process, absolutely to retain little or none of their properties in evaporation. This known fact, and the multiplicity of disorders incidental to the human body, have prevented the more judicious part of physicians from spending their time in attempting to discover what was generally thought impracticable: and perhaps this present discovery would have remained as yet a secret, had not necessity, the mother of invention, and pain, which few can bear patiently, stimulated the author in a pursuit upon so rational a foundation, when, as before observed, every other method and remedy he had tried in vain. The very mention of a *volatile acid salt dulcified*, carries a conviction of its efficacy to all those who know the active properties of acids in general, and the



the use of effluvias : and this alone gave him the happy relief the author had so long sought for in vain :—

ACIDS are the greatest antiseptics, or preventatives of corruption, in nature, and at the same time of antispasmodic and attenuating qualities ; they are more capable of retention of their qualities in volatilization than any thing known in medicine, for the properties consists in their volatile parts, which, when evaporated leaves very few properties, more than common water, behind. The only process of collecting these volatile properties in their perfection, and, within a compass, fit for use at all times, is, by extracting a salt from a combination of the strongest acids, which is one of the most tedious, difficult, and expensive processes in chymistry, and indeed very few chymists can go through it at all ; but, this salt of itself, would be too powerful and overacting, were it not for an addition of molifying medicines of healing properties. The method of administering it directly to the

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lungs

lungs is extremely simple, not requiring any kind of apparatus; but only on opening the bottle and applying it to the mouth, by suddenly drawing in the breath, the æther is attracted thereby, and instantly acts on the parts.

IF it may be admitted to make subdivisions of the several cases in which this excellent remedy is certainly effectual, which numerous instances have demonstrated beyond a doubt, as well as from the observations of the learned in similar cases—

*Asthmas, shortness of breath, from whatever cause, phlegm, and obstructions, or matter of any kind, on the lungs, coughs* are the principal of those maladies that are sure to find relief from the tests of nature, reason and experience :—

AT the instant of drawing in this effluvia by suction, from its subtile and attenuating qualities it separates and divides



vides the tough phlegm, and causes immediate expectoration; consequently these obstructions, which are the cause of the stoppage of the air vessels, and preventing them performing their functions of taking in sufficient portions of air, being removed at the time, must give ease by causing free respiration till another collection of phlegm, &c. requires a second application:—

IF it was no other than the happiness of ease for some little time, every now and then repeated, those who know the misery of the want of breath would think it a happy discovery for them; but reason here must tell us, that it is not only *instant* relief that may be expected, but of course, by repetition of the remedy, all kind of foreign matter must be removed, for it is impossible there should collect in an hour as much phlegm, &c. as would be discharged in a few moments using.

WHERE

WHERE the windpipe and air vessels are affected with morbid contractions, &c. and cause shortness of breathing, the penetrating qualities of this salt opens every part and relaxes them so, as by degrees, to relieve them from their former contracted state:—

1. If the lungs should be so touched by a continuance of acrimonious particles on the parts, and so far contaminated as to turn to matter or *pus*, which suppurate from them, this, like all other exuberances, are indiscriminately discharged, and the lungs cleansed, which, of itself, must go a great length towards the completion of a cure; but besides cleansing, it actually heals the ulcerated parts; from its subtile penetrating particles it acts as an antidote on the seed of the *animalculæ* lodged in the parts, which generate to corruption:—

NATURE endeavours to throw off every foreign matter, and in colds, the flux of acrid perspirable matter to the lungs being



ing in a greater quantity than nature has power to discharge or carry off by the air, is, by the use of this effluvia assisted, as the air is increased to the parts, and the entrance of the air vessels opened, so as to admit the greater natural discharge of exuberances.

In the midst of these excellent effects this remedy has no inflammatory quality, which many other applications possess, that otherwise would bid fair to produce in some measure the same happy effects; and by this one consequence, all their virtues are counterbalanced.

COLDS are the commencement of inflammations in every part of the *thorax*, or chest and head, &c. in particular. This ætherial essence is extremely cooling in its nature, and by being used immediately, upon colds affecting the head or throat, would infallibly prevent those fatal consequences by neglecting them, as the acrimony of the fluids is instantly checked by drawing  
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in the effluvia by the mouth or nose. This is more evident from the effects that the use of it has on persons after *Inebriety*: The fumes of the over-night's liquor are not only dissipated by using this effluvia in the morning, but it exhales the noxious vapours remaining on the stomach, which cause loss of appetite; for there are few things more proper to increase it, as part of its volatility enters the stomach and gives it a free elasticity, the sure sign of health, and what gives a true relish to our food.

COUGHS are also silenced thereby by the stoppage of irritation in nature's endeavours to throw off what is foreign to it.

THE afflicted change their climate, and retire to breath freer and purer air, where they undoubtedly live easier and in less pain; and perhaps, in time, the course of nature may be so far changed as to recover them. But, as before has been sufficiently explained, it requires that the air should



should be also impregnated with salubrious qualities, to insure success in cure: Therefore, this effluvia has the advantage of having all the effects of a free pure air that the change of climate gives, with the additional properties that makes it equally requisite and beneficial in all places.

ALTHOUGH some obstinate disorders do not yield on its application in once or twice using only, yet they must be ignorant and rash indeed who will pass a judgement without giving it a fair trial; and the perseverance in its use for a few days will convince the most incredulous, who are unacquainted with the nature and properties of acid salts, or who will not listen to the reason above offered of its extraordinary efficacy in all such disorders. Without further enumerating the benefit to be assuredly expected from thence, it is submitted to the man of sense to judge how far it may be beneficial to the consumptive and asthmatic.

THIS



THIS medicine cannot be termed a *quack-nosttrum*,—the author pretends to no patent, —no secret,—as any able chymist may find a remedy to answer the purpose,—for he honestly tells the world his process, and submits it to the faculty and judicious, who cannot gainsay what is so well established by the greatest authorities in medicinal knowledge; namely, The properties of dulcified acids and effluvias in general, in disorders analogous to those above mentioned.

It may be thought necessary to hint what kind of regimen is best for the asthmatic; but I shall only observe, in point of food, that the avoiding salt meats is requisite, leaving it to the patient to use such aliments as his circumstances permit, or agreeable to his constitution. In regard to liquors, it is of more consequence to consider them; but, in a word, the best, most wholesome, and salubrious composition, is that elegant drink, properly made from honey, called *mead*. A person,



son, by using it constantly, without any wines or drams, would contribute to preserve his health and constitution beyond any thing that can be conceived. Observing a quantity lately advertised to be sold, I had the good fortune to become a purchaser of some, and found it equal to any Champaign in its effects on the spirits, divested of any pernicious consequences. This *mead* was the only I ever could find properly manufactured. And the true reason that it is so little in use is, that so few have receipts proper for it: It is superior infinitely to any kind of wine, either as a beverage, or medicinally; and I would strongly recommend the asthmatic in particular, and those of delicate constitutions, to use it constantly.



THIS valuable *Ætherial Essence*, truly prepared, is to be had at the following places, in bottles of 5s. 3d. 10s. 6d. and *One Guinea* each; but the larger the bottle the stronger the æther, and more efficacious in its effects——

At No. 44, in *Threadneedle Street*;

No. 103, in *Bishopsgate Within*;

The bar of the *Silver Cross, Charing Cross*;

And, at No. 11. *Wild Court, Wild Street,*

*Lincoln's Inn Fields.*





